Mezza Maratona in 1h e 59m, passo 5:40 min/km

Settimana	Data	Lunedi	Martedi	Mercoledi	Giovedi	Venerdi	Sabato	Domenica	Distanza totale	Calendario Corse
1		Riposo o Cross Training	Ripetute 8x1000 a 5'15" rec 3 min	Riposo o Cross Training	Riposo o Cross Training	Progressivo 9 Km da 5'55" a 5'45" a 5'35"	Riposo o Cross Training	18 km a 06'05"	35	
2		Riposo o Cross Training	Ripetute 10x1000 a 5'15" rec 3 min	Riposo o Cross Training	Riposo o Cross Training	12 Km da 6'15" a 6'05" 5'55"	Riposo o Cross Training	10 km a 05'35"	34	
3		Riposo o Cross Training	Ripetute 4x2000 a 5'25" rec 3 min	Riposo o Cross Training	Riposo o Cross Training	12 Km da 6'05" a 5'55" 5'45"	Riposo o Cross Training	20 km da 06'10"	42	
4		Riposo o Cross Training	10 Km 6'15"	Riposo o Cross Training	Riposo o Cross Training	10 Km 6'05"	Riposo o Cross Training	10 Km 6'15"	30	
5		Riposo o Cross Training	Ripetute 5x2000 a 5'25" rec 2 min	Riposo o Cross Training	Riposo o Cross Training	12 Km da 5'45"	Riposo o Cross Training	22 km a 06'05"	46	
6		Riposo o Cross Training	Ripetute 3x3000 a 5'30" rec 2 min	Riposo o Cross Training	Riposo o Cross Training	10 Km da 5'45", 5'35", 5'25"	Riposo o Cross Training	14 Km a 5'45"	34	
7		Riposo o Cross Training	Ripetute 3x4000 a 5'35" recupero 2 min	Riposo o Cross Training	Riposo o Cross Training	12 Km da 5'45"	Riposo o Cross Training	10 Km da 5'25"	36	
8		Riposo o Cross Training	10 Km 6'05" + 8 allunghi	Riposo o Cross Training	Riposo o Cross Training	10 Km 5'55" + allunghi	Riposo o Cross Training	Mezza maratona 5'40"	41	
									298	